

All meals are served with Coffee, and Assortment of Teas, Whole Milk, 2% Milk or Skim, and a variety of juices such as Orange, Apple, Cranberry, and Grape.

**Reviewed by:**  
**KY, RD**

**Fall/Winter 2023**  
**Week of Jan 23rd**

**Monday**  
**Breakfast**

- Fried Eggs
- Cream of Wheat
- Rye Toast

**Lunch**

- Macaroni & Cheese
- Dinner Roll w/ Butter
- Broccoli
- Chocolate Mint Brownie

**Dinner**

- Sloppy Joe on a Bun
- Cauliflower
- Mandarin Oranges

**Tuesday**  
**Breakfast**

- French Toast w/ VT Maple Syrup
- Bacon

**Lunch**

- Mild Beef Chili
- Cornbread w/ Butter
- Tossed Salad w/Dressing
- Yellow Cake w/Frosting

**Dinner**

- Carrot Soup
- Egg Salad Sandwich
- Lettuce & Tomato
- Chocolate Mousse w/tpg

**Wednesday**  
**Breakfast**

- Scrambled Eggs
- Apple Coffeecake
- Oatmeal

**Lunch**

- Open-Faced Hot Pork Sandwich w/ Gravy
- Mashed Potato w/ Gravy
- Green Beans
- Cookies & Cream pie

**Dinner**

- Shepherd's Pie
- Carrots
- Dinner Roll w/ Butter
- Peanut Butter Cookie

**Thursday**  
**Breakfast**

- Cheesy Scrambled Eggs
- English Muffin
- Special K

**Lunch**

- Scalloped Potatoes & Ham
- Spinach (w/ Vinegar)
- French Bread w/ Butter
- Chocolate Chip Bar Cookie

**Dinner**

- Hearty Chicken Noodle Soup
- Tuna Salad Sandwich
- Ice cream

**Friday**  
**Breakfast**

- Apple Pancakes w/ Maple Syrup
- Sausage Patty

**Lunch**

- Campbell's Tomato Soup
- Grilled Cheese
- Apple Crisp w/TPG

**Dinner**

- Chicken Fingers w/Sauces
- Tater Tots
- Mixed Veggies(Green Beans, Peas, Carrots)
- Peaches

**Saturday**  
**Breakfast**

- Cheese Omelet
- Wheat Toast
- Oatmeal

**Lunch**

- Veggie Lasagna
- Garlic Bread
- Tossed Salad w/Dressing
- Carrot Cake w/cream Cheese Frosting

**Dinner**

- BBQ Ribette
- Mashed Potatoes w/ Butter
- Corn
- Raspberry Cookie

**Sunday**  
**Breakfast**

- Scrambled Eggs
- Mini Wheats
- Danish

**Lunch**

- Pot Roast w/ Onion Gravy
- Boiled Red Potatoes & Gravy
- Peas and Carrots
- Cherry Pie

**Dinner**

- Potato Leek Soup
- Chicken Salad Sandwich
- Lettuce & Tomato
- Chocolate Pudding w/tpg

Good nutrition is an essential part of your care in our center. The menu has been planned with variety and moderation in mind, and to achieve a well-balanced diet. The daily menu may vary slightly due to the special diet ordered to meet your needs. Please, feel free to ask any questions regarding your menu, diet, or service.